



SUDBURY SENIOR CENTER

COUNCIL ON AGING

Town of Sudbury, Massachusetts

40 Fairbank Road • Sudbury, Massachusetts • 01776-1681

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Senior Center hours: Monday through Friday, 9:00 AM to 4:00 PM

Van Service Hours: Monday through Friday, 8:30 AM to 3:30 PM

General Information Line: 978-639-3275

Menus: 978-639-3278

Trip Information: 978-639-3277

Cancellation Line: 978-639-3276

The Sudbury Senior Center offers a variety of programs and services to assist seniors as they work to maintain their independence in the community. Many services are provided **free of cost**. Some request a donation, and for those which require a fee scholarships are sometimes available. Center programs are primarily for people 60 and older, but we also serve younger people and people with disabilities.

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Monday** through **Friday** from **9:00 AM** to **3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. Seniors and people with disabilities call the Senior Center by 9:00 AM to schedule a ride for that day. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and \$2 each way for out-of-town trips.

F.I.S.H. (Friends in Service Helping): Volunteers drive people needing rides to medical appointments. Call **978-443-2145** one week in advance to schedule a ride. Seniors may leave their requests on the answering machine, and the F.I.S.H. coordinator will return their call.

Sudbury Senior Access: This subsidized taxi service is available 5:00 AM to 1:00 AM seven days a week. Seniors and people with disabilities purchase a book of coupons worth \$25 in taxi rides for \$12.50. The coupons are used as if they were \$5 bills to pay the taxi driver. Tips and gas surcharges are the responsibility of the rider. Call the Senior Center at **(978) 443-3055** for more details.

MEDICAL EQUIPMENT LOAN CLOSET:

For those in need of a wheel chair, walker, shower chair, commode, transfer bench, cane, etc., the Senior Center can provide the item on temporary or permanent basis at no charge.

CONSULTATION

Information and Referral: Debra Galloway, our Information and Referral Specialist, provides information about resources and services for older adults and their families in the Sudbury area. She can provide referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays** from **9:30 to 2:30**. You may reach her at **(978) 443-3055**.

Health Insurance, Tax, and Legal Assistance: Through specially trained volunteers, seniors can get assistance in managing their health insurance (called the SHINE program), completing their income taxes (sponsored by AARP), and understanding their legal affairs (with a volunteer Elder Law Attorney). Appointments can be scheduled by calling **978-443-3055** and asking for the appropriate program.

IN-HOME SERVICES

Through the devoted services of more than 300 volunteers, the Senior Center offers a variety of in-home assistance, listed below. As well as providing support for seniors, these programs offer meaningful volunteer opportunities for people of all ages.

Friendly Visitor Program: Seniors who can't get out are matched with a volunteer for weekly informal visits.

In-Home Fix-It Program: Seniors who can no longer (or should not) do small repair tasks at home can get free volunteer assistance with small jobs like fixing stuck windows, changing light bulbs, changing curtains on rods or installing curtain rods, repairing wall switches, wall plugs and lamp cords, tacking down carpets and installing grab bars and hand rails. Seniors will only be expected to pay for any necessary parts and materials.

Shopping service: Seniors who need assistance shopping for groceries can be linked with a volunteer shopper. The shopper will pick up a grocery list at a senior's home, go to a local supermarket of the senior's choice, purchase the groceries, and help the senior unpack and store the food. Seniors pay only for the actual cost of the groceries purchased.

Books on Wheels: A senior volunteer will pick up books, DVDs or books on tape at the library and deliver them to the home of a senior who can't get out to the library. Two to three weeks later the volunteer will return, pick up the material, and deliver fresh material. This program is operated in collaboration with the Goodnow Library.

NUTRITION

Home Delivered Meals: A hot mid-day meal can be delivered to seniors who can't get out to the Senior Center and who can't prepare a nutritionally adequate meal for themselves. Those who deliver the meal also check on the well-being of the senior recipient. A voluntary donation of **\$2.00** a meal is requested.

Luncheons: The Senior Center offers a hot noontime luncheon every Tuesday, Wednesday, and Friday at 12:00. To participate, seniors should call the center to reserve a spot by (at minimum) 11:00 of the day before the luncheon. A **\$2.00** donation per meal is suggested.

SAFETY

Lock Boxes: Lock boxes are small safes attached to the outside of a home. In the safe is a key to the house. The only group with a key to the lock box is the Sudbury Fire Department. In case of an emergency, the key can be used by a firefighter to gain entrance to the house without breaking down the door. In collaboration with Firefighter's Local 2023, the Senior Center can make lock boxes available at no cost to seniors in town. Fix-It volunteers install the boxes at **no charge**. A donation of **\$60** may be requested to purchase another lock box for a senior who cannot afford one.

Go Bags: To be prepared in an emergency, it is important to have a small kit of items that can be used when the power fails. In collaboration with the Citizen's Emergency Response Team (CERT) the Senior Center offers a filled Go Bag (a small wheeled suitcase with a flashlight, a crank-powered radio, and other items) to senior residents. A donation of \$65 is requested, to purchase another Go Bag for a senior who cannot afford one.

Voluntary Registry: Seniors and people with disabilities who would need special help in an emergency may wish to fill out a form so that they can receive assistance developing an action plan for their personal safety, available at http://sudbury.ma.us/committees/committee_home.asp?dept=LEPC or from the Senior Center. The Sudbury Public Health nurse will call those who register to provide additional planning assistance, and the list will be available to first responders in case of emergencies.

SENIOR CENTER ACTIVITIES

A variety of programs, classes, and social events are offered at the Sudbury Senior Center. These include lifelong learning classes, exercise and fall prevention programs, nutrition and health education, luncheons, entertainment and social events, arts and crafts, card games, movies, intergenerational events, and opportunities to volunteer. For a complete listing of events available each month, consult the *Sudbury Senior Scene*, the Senior Center newsletter, available on line.

Bridges: In collaboration with the Sudbury schools, senior volunteers meet with fourth grade students for a six-week curriculum designed to foster communication and break stereotypes of aging.

ADVOCACY

Sudbury Senior Community Work Program: The Council on Aging coordinates a program through which seniors can receive a \$750 abatement from their property taxes by working for a Town department for 100 hours during a calendar year. Every attempt is made to match senior's interests and skills with the needs of the departments.

Tax Relief Guide: The Senior Center publishes a complete guide to tax relief options for seniors, available at: <http://sudbury.ma.us/documents/dl/4336/Taxreliefforseniorsbookleta.doc.pdf> or from the Senior Center.

Transportation: Through its involvement with the MetroWest Regional Transit Authority (MWRTA) at <http://www.mwrt.com>, the Senior Center is working to improve transportation options for all Sudbury residents.